New England Deaconess Hospital
Boston, Massachusetts

pulse

VOLUME 29 – NUMBER 5 FEBRUARY 1976

Five graduate from Blood Bank Training Center

At the fourth graduation from the New England Deaconess Hospital Blood Bank Training Center, Dr. Randi V. Rosvoll, director of the Center, presented diplomas to Mark Gray, Lucille Nagin, Elaine Novak, William Skarie, and Garland Smith at a ceremony held January 7 in Harris Hall. Dr. Merle A. Legg, chairman of the department of pathology; Richard E. Lee, director of the hospital; and members of administration, pathology, and the blood bank were present to extend congratulations.

Approved by the American Association of Blood Banks (AABB), the center offers a one-year program of specialized lectures, seminars, and practical experience. All students must have a bachelor's degree and at least one year of experience in blood banking and immunohematology. After successful completion of the course and an examination given cooperatively by the Registry of Medical Technologists (ASCP) and the AABB, the students are qualified for supervisory and teaching positions in the blood banking field.

Pictured at the NEDH Blood Bank Training Center graduation are: (l.-r.) Dr. Randi V. Rosvoll, director of the Center, and Graduates Garland Smith, Mark Gray, Lucille Nagin, William Skarie, and Elaine Novak.

Dr. Mian M. Ashraf, thoracic surgery, complimented the graduates and their department for meeting the excessive demands his type of surgery presents to the blood bank. "I admire your sense of dedication. It's not just a job for you to type and cross blood, but you recognize that you are part of the health care team."

Dr. Rosvoll announced that Northeastern University has accepted the training program for credit towards a master's degree in medical science. Although it is too late to affect this year's graduating class, the students involved in next year's training program are eligible for master's degree credit.

Mr. Walsh named manager of compensation in employee relations

Joseph F. Walsh has been named manager of compensation in the employee relations department with the responsibilities of managing the job evaluation and salary programs and the hospital's employee record system. He also administers the employee benefit plan which includes health and life insurance, and workmen's and unemployment compensation. Mr. Walsh replaced John Chamberlain who resigned in November to join American Medicare, Inc., in Philadelphia.

Mr. Walsh and Lee Pledger, employment manager responsible for coordinating recruitment selection, placement, job posting, and employment counseling regarding transfers and exit interviews, assist Robert F. Giroux who, as employee relations director, has overall responsibility for the entire department and employee relations matters throughout the hospital.

Before joining the Deaconess, Mr. Walsh had been the assistant project manager on a criminal justice research study being conducted by Mass. Residential Programs, Inc., a non-profit, human service agency.

He had previously been assistant director of personnel at the Avco Everett Research Laboratories and spent five years in the personnel department at the Raytheon Company.

Joseph F. Walsh

Prior to entering the field of personnel administration, Mr. Walsh taught geology, astronomy, meteorology, and oceanography at Northeastern University and earth science in the Boston and North Andover school systems. He received a B.S. in geology and an M.S. in higher education from Boston College. He is currently attending Suffolk University Law School in the evening.

Mr. Walsh lives in Bedford with his wife Pauline, a teacher of children with learning disabilities, and their children Christine, 8, Michael, 6, and Matthew, only a few weeks old.

He has been active in the town government of Bedford as a member of the conservation commission and as chairman of the planning board.

Involved in woodworking and carpentry, Mr. Walsh has built a log cabin on an island in Lake Winnepesaukee, New Hampshire, where he and his family enjoy boating and waterskiing.

Long-Range Planning Committee meets

Since October, the meetings of the Long Range Planning Committee, under the chairmanship of Dr. H. Howard Goldstein, have focused on trends in the health care system, particularly those evolving around government regulations and economics. In October, James B. Webber, research consultant, talked about the current philosophy that medical care is a "right" that should be made available to everyone. He reviewed what the government is attempting to do to bring this about. Regulations limit more and more how much hospitals are allowed to spend and at the same time technology is growing resulting in rapidly escalating costs. It is becoming increasingly necessary to make judgments on the quality of medical care because of the sharply rising costs. In order for the Deaconess to retain its standards of excellence under such economic constraints, Mr. Webber said it may well be necessary for us to become more efficient in the future.

William Salinger, executive director of the Health Planning Council of Greater Boston, continued with this theme at the November meeting. He

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FRIENDS OF THE DEACONESS GIVE $150,000 TO SCHOOL OF NURSING. *The Friends of the Deaconess presented the second payment of a $150,000 pledge to the School of Nursing Building Fund on January 6. President Laurens MacLure holds the $50,000 check given to him on behalf of the Friends by (l.-r.) Mrs. Shields Warren, former treasurer; Mrs. Roger A. Perry, Jr., treasurer; and Mrs. George Dempsey, president of the Friends. With the last payment of the pledge to be made at the end of 1976, it brings to over $1,000,000 the total funds given to the hospital by the Friends since their organization in 1932.*

Take good care of your heart – and your heart will take good care of you

February is National Health Month – a good time to take a look at your heart. Your heart is probably the most overworked and underpaid part of you. It works 24 hours a day, seven days a week to pump blood to every cell in your body. There is no two week vacation when your heart needs a rest.

In addition to its normal function of pumping blood, your heart may be working overtime from the strains imposed by smoke, stress, high blood pressure, overweight, and lack of exercise. With all this abuse, it's no wonder that your heart may signal that it needs a rest. When the signal comes in the form of pain in the chest and left arm, your heart may already be damaged and unable to perform its tasks with ease.

It is never too late to treat your heart with the respect it deserves. But the best time to begin such care is now, not years from now when heart disease may manifest itself.

Start with a medical checkup and continue these checkups regularly. Have your blood pressure tested. Untreated, high blood pressure may lead to heart disease. Most people who have high blood pressure have no symptoms. There are no specific warning signs. The only way to find out if your blood pressure is high is to have it tested by your own doctor or at a health center.

Everyone has blood pressure. It is the force of blood against the walls of the arteries. This force is generated by the heart as it pumps blood to all parts of the body. In some people the heart must pump harder to force blood through arteries that are clogged or obstructed. This extra effort by the heart makes your blood pressure rise. If high blood pressure continues for a long time, your heart and arteries may not function as well as they should. Other body organs may be affected. In addition to the risk of a heart attack, there is the danger of stroke and kidney failure.

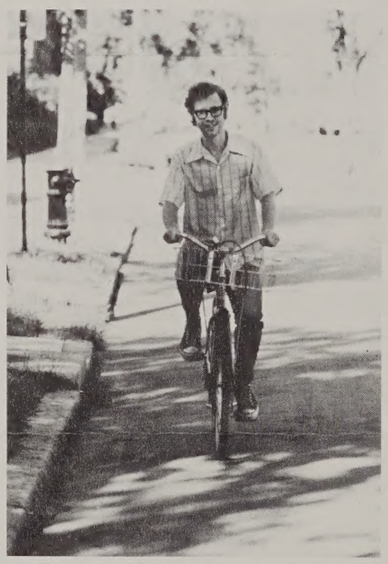
High blood pressure can be controlled through medication which can relax and dilate blood vessels. Many people whose blood pressure is controlled can carry on their usual activities.

Your doctor may also recommend changes in living habits. The treatment plan is easier than you think. The prescription may be large doses of rest and relaxation. Whatever relaxes you is good medicine. It can be a book, a walk, a game of tennis, or just a change from the routine stresses of life.

Stress plays a large part in aggravating high blood pressure and, in turn, heart disease. A pressure-packed job or life style can increase your blood pressure, putting a strain on your heart. Try to reduce the tension involved in your work. Don't be a clockwatcher or get upset over small frustrations. Take a break. Have a cup of coffee. Read a book. Meditate. But relax.

Tennis anyone? One of the best ways to vent your frustrations and relax at the same time is exercise. Walking, bowling, riding a bicycle, playing volleyball or tennis, these are all ways to keep in shape. However, avoid overexertion. Stop playing when you feel tired. Regular exercise, not sporadic and strenuous exercise, is good for your body and good for your heart. It also keeps your weight down.

Extra weight puts an extra strain on the heart. If you are overweight, a low-fat or low-cholesterol diet may be recommended to help you lose weight.



A program of regular exercise keeps your heart and your body in great working condition.

When you lose weight, you often automatically lower your blood pressure. You are also lowering the risk of heart attack.

A fat controlled diet regulates both the amount and type of fat you eat. Its aim is to reduce the amount of cholesterol and other fatty substances in your blood. Cholesterol is a waxy material used in many of the body's chemical processes. Everyone requires it in correct amounts for good health, but a high blood cholesterol level contributes to the development of atherosclerosis, a form of hardening of the arteries that underlies most heart attacks.

You may have to change some of your long-standing eating habits, but you won't have to give up all your favorite dishes. Eat no more than three egg yokes a week, including eggs used in cooking. Instead of butter and other saturated fats, use liquid vegetable oils and margarines that are rich in polyunsaturated fats. Try skimmed milk and skimmed milk cheese. Use fish, chicken, turkey, and veal in most of your meat meals. Eat less beef, lamb, pork, and ham. Choose lean cuts of meats, Avoid deep fat frying. Use cooking methods that help remove fat, such as baking, boiling, broiling, and stewing.

Heavy meals make heavy demands on your heart. The foods you eat can reduce, or increase, your risk of heart attack.

Smoking, another important risk factor of heart disease, should be reduced, or even better, eliminated. You will be doing your heart, as well as your lungs, a favor.

If heart disease does strike, there are many procedures that are done at the Deaconess which aid the physician in making a diagnosis for treatment to improve your life.

Stop smoking. You will be doing your heart, and your lungs, a favor.

High blood pressure overworks your heart. The only way to know if your blood pressure is too high is to have it tested by your own doctor or at a health clinic.

You may be asked to walk the treadmill and have an ECG (electrocardiogram, one of the basic ways to evaluate the heart rhythm and to determine enlargement of heart defects) taken before, during, and after the test to see how well your heart endures strenuous exercise.

An echocardiogram is a relatively new technique in which sound waves are bounced off the heart and a recording made which allows analysis of the size and function of the various chambers in the heart.

Phonocardiography permits the physician to read heart sounds. The recording can either be done outside the body on the chest wall, or occasionally the microphone can be inserted in the heart so that sound can be recorded internally. The purpose is to aid diagnosis by allowing the doctor to time sounds coming from the heart which are confusing to the ear.

Vectorcardiography records the electric activity of the heart, similar to an ECG. The information on a vectorcardiogram is displayed differently. It is more time consuming than an ECG, but of more diagnostic help, particularly in localizing the area of certain coronary problems.

In the cardiology laboratory pressures are recorded from within the heart to evaluate the heart's function, and blood flow measurements are made to see how hard the heart and its vessels are working in a procedure known as a catheterization. Pictures of the chambers and vessels are taken. These tests can diagnose obscure symptoms and often determine whether surgery is necessary.

Open heart surgery is not always the solution to the problem of a diseased heart. There are many other therapeutic procedures. Many drugs have been developed that can now aid a cardiac patient in leading a better and longer life. You may be given a temporary or permanent pacemaker which triggers electrical impulses to keep your heart beating normally.

Heart disease does not mean the end of an active life. Most patients are able to continue with their usual job once

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Director Richard E. Lee (l.) and Paul J. O'Connor, assistant general manager of food services, wish Mary Sullivan well on her retirement from the department of dietetics.

Mrs. Sullivan retires from dietetics after 27 years

"Twenty-seven years didn't seem that long," said Mary Sullivan at her retirement party on December 18. All those years were spent in the dietetics department, and Mrs. Sullivan was surprised at how fast they had passed.

She started work as a dietary aide in the old Deaconess 3 kitchen. When the Central building, now the Farr building, opened in 1950, the dietetics department became a centralized service and moved into that building's basement. Mrs. Sullivan also made the transition. She can still remember when she served meals to patients from the food trucks that went on the patient floors. Now there are microwave ovens on the floors to warm up food that comes directly from the kitchen.

Twelve years ago Mrs. Sullivan was promoted to dietary food supervisor. She was president and is a charter member of the Massachusetts Chapter of the Hospital Educational Institutional Food Service Society.

She lives in West Roxbury with her son Robert and his family, but will be seeing more of her son Michael, who lives in Peabody, and her daughters, Elizabeth and Diane, living in New Jersey and Connecticut, respectively, now that her retirement has left her more free time. She'll also be able to give more attention to her five grandchildren.

Mrs. Sullivan intends to be as active in retirement as she has been on the job. Always a travel enthusiast, she is planning at least one trip a year. She has been to Hawaii, the West Coast, Canada, the Caribbean, and Europe, and her next trip will be a cruise up the Rhine River, after a stop in Paris.

Medical Staff Development Committee formed

"The Committee for the Staff" which was formed under the leadership of Dr. Lyman H. Hoyt in the late part of 1974 to help raise funds for the new School of Nursing building has recently been reorganized as an official committee of the hospital with a new name, "Staff Committee on Development." Dr. Hoyt was unanimously chosen to be its chairman with the membership to consist of Drs. Blake Cady, Albert I. DeFriez, H. Howard Goldstein, Ellison C. Pierce, Jr., Frank C. Wheelock, Jr., Lorande M. Woodruff, and President Laurens MacLure, and Director of External Resources Roger A. Perry, Jr.

Several members of the staff have been responsible during the past year for raising sums of money from $5,000 to $30,000 for the new School of Nursing building. In addition, through the efforts of other doctors, the hospital will benefit at some future date from personal bequests. These efforts have encouraged the formation of this committee which can be of great importance to the hospital.

The main purposes of the committee will be to assist with building the hospital's small endowment by obtaining bequests and deferred gifts; assist where practical with the hospital's annual appeal; encourage better communications between the administration and the staff in the development area; and assist in other development projects as the need arises.

This committee will be a subcommittee of the development council which is a trustee appointed committee of the hospital and will meet quarterly or more often as the need dictates.

NEDH Blood Bank accredited

The American Association of Blood Banks (AABB) announced that the New England Deaconess Hospital Blood Bank has been accredited by the Association for another two-year period. This certifies that the level of technical and administrative performance within the blood bank meets or exceeds the standards established by the AABB. The blood bank is one of more than 1,700 blood banks in the United States which have been accredited through this program.

The purpose of AABB's voluntary inspection and accreditation program includes elevating the standards of practice within the transfusion service and providing a consultation service to assure patients of increased safety in human blood transfusion. Accreditation is based on the results obtained from a comprehensive physical inspection by one of the AABB's trained inspectors.

The American Association of Blood Banks is the nation's largest organization comprised of community and hospital blood banks and transfusion services. Its membership includes physicians, nurses, medical technologists and others actively engaged in providing whole blood, the AABB has operated a National Clearinghouse Program since 1953. This program provides a mechanism for donors to replace blood voluntarily anywhere in the country and to coordinate blood exchanges between banks. This assures better utilization of all available blood supplies.

Doctors doings

Dr. Joseph L. Andrews, Jr., internal medicine and pulmonary diseases, NEDH and Lahey Clinic, lectured on "Clinical Indications for Blood Gas Studies and Respiratory Function Tests" at a seminar conducted at Frisbie Memorial Hospital in New Hampshire on November 5.

* * *

Dr. George L. Blackburn, director of nutrition support services, was the keynote speaker on hospital malnutrition at a meeting of the New Hampshire Dietetic Association on November 12 in Concord, New Hampshire.

* * *

Dr. Norman Kattwinkel, internal medicine, NEDH and Lahey Clinic, was recently elected a Fellow of the American College of Physicians.

* * *

Dr. William McDermott, general surgery, moderated the general sessions panel on "What's New in Portal Hypertension" at the annual meeting of the American College of Surgeons and served as discussant at the Cine Clinic in San Francisco on October 16. On November 4, he served as Visiting Professor at Rutgers Medical School, New Jersey, giving talks on surgical problems relating to the liver and portal circulation.

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(Continued on page 4)

It was almost the night before Christmas and all through the city a blizzard blanketed hospitals, houses, and roads. Not a creature could stir as breakdowns affected automobiles and

the MBTA alike. Even walking was hazardous. But we got here, and the Deaconess was "open for business" just as well as it is during the balmy skies of summer.

Long-Range Planning . . .

(Continued from page 1)

commented on Public Law 93-641 which mandates the establishment of Health Systems Agencies (HSAs) in each state and the possible effect this will have on hospitals such as the Deaconess. He feels that HSAs will have greater power than the former "B" agencies. One of the new powers will be to review federal dollars coming through the Federal Health Service Act for many of the HEW programs. Every five years the HSA will review all health care institutions in the area and assess the appropriateness of the particular services and the way in which they are being provided. Local data will be fed into the state agency for statewide planning. With dollars limited for health care, the manner in which money is distributed will be of major importance. Everyone is going to have to be more cooperative and more plans will have to be developed for multi-institutional planning and service sharing.

At the meeting held in December, Carl Thieme of the Cambridge Research Institute and Richard E. Lee, the director of the hospital, discussed the new Health Planning Act in more detail. The basic purpose of the bill is to provide more equal access and equitable distribution of health care facilities in terms of the level of care given. A lot of money has been spent but the hoped-for results have not materialized. Priorities in the new bill will lean toward reaching the medically underserved, developing multi-institutional systems, group practices, sharing of support services, more paramedical training, uniform cost accounting, and preventive services.

Mr. Lee explained the Deaconess's participation in MASCO (Medical Area Service Corporation) which is supported by the local area hospitals for the planning and provision of common services.

But, the area which will most affect the health care industry is that of cost and rate reimbursement. Mr. Thieme talked of various reimbursement plans being drawn up in Rhode Island, Connecticut, and other states and the importance of establishing a plan in Massachusetts that is feasible.

The Deaconess is very concerned with developing the best plans possible for its future growth; plans that will have maximum flexibility. The Long-Range Planning Committee and the hospital's administration are discussing various steps which will help achieve these goals.

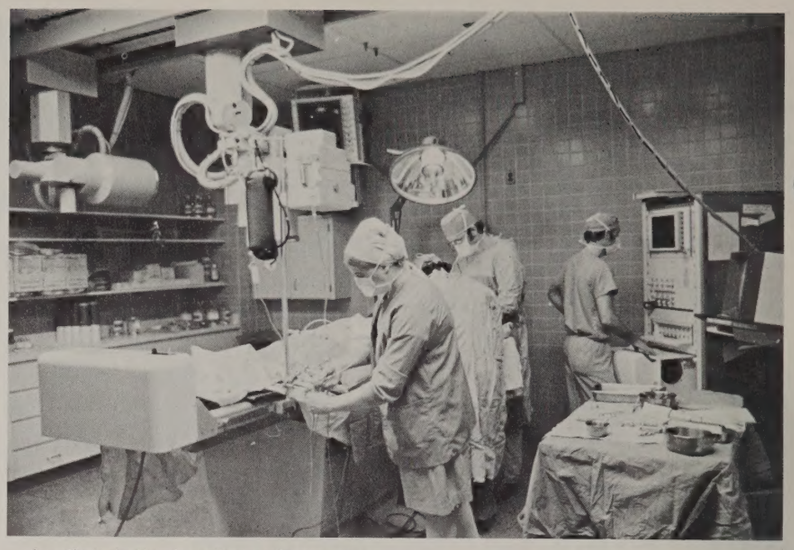
Doctors doings

(Continued from page 3)

Dr. Wilford B. Neptune, thoracic surgery, NEDH and Overholt Thoracic Clinic, presented a discussion on "Coronary Artery Bypass Grafting for the Management of Coronary Artery Heart Disease" before the staff of the Monadnock Community Hospital in Peterboro, New Hampshire on September 17. On September 26 he discussed a paper concerning "The Use of Cortico Steroids in Artery Bypass Surgery" at the New England Surgical Society. Dr. Neptune presented a discusson on "A Critical Evaluation of Coronary Bypass Grafting" at the meeting held on October 10 at NEDH sponsored by the Massachusetts Chapter of the American College of Surgeons for the visiting group of surgeons from Mexico City. On November 15 he gave a talk on "The Surgical Management of Coronary Vascular Disease" before the Massachusetts Society of Nurse Anesthetists in Framingham.

* * *

Dr. Dana M. Sheldon, psychiatry, has been appointed section chief in psychiatry in the department of medicine by the Medical Administrative Board at its meeting on November 13. In this capacity, Dr. Sheldon will serve as director of the psychiatric unit on Deaconess 4.



A catheterization is a diagnostic procedure performed in the NEDH cardiology laboratory to evaluate the heart's function.

Your heart . . .

(Continued from page 2)

they have recovered from a heart attack. Some adjustments may have to be made in their manner of living. Reasonable rest is necessary, but recreation, exercise, and social life are as good for a person recovering from a heart attack as they are for anyone else.

To guard against heart disease have regular medical checkups, exercise regularly, control high blood pressure, reduce if you are overweight, eat less saturated fats, and discontinue cigarette smoking.

If you take good care of your heart, your heart will take good care of you.

* * *

In observing National Heart Month a hypertension screening day in which all employees can be tested for high blood pressure will be held in Conference Room A of the cafeteria during the following days and hours:

February 16, 2-4 p.m.
February 17, 8:30-10 a.m.
February 18, 2-4 p.m., 6:30-8:30 p.m.
February 19, 8:30-10 a.m.
February 20, 1:30-3:30 p.m.
February 23, 6:30-8:30 p.m.

An ECG (electrocardiogram) taken before, during, and after walking on the treadmill evaluates the heart's rhythm.

The public relations department has prepared a slide show which explains how to care for your heart and can be seen in the Farr lobby.

New England Deaconess Hospital
185 Pilgrim Road
Boston, Massachusetts 02215

pulse

The New England Deaconess Hospital is a 471-bed and 16-building complex. Physicians from the Joslin Clinic, the Lahey Clinic, Overholt Thoracic Clinic and the independent medical and surgical staffs serve the needs of their patients at the hospital. The Deaconess is internationally known for diagnosis, treatment and research in brain and chest surgery, cancer, diabetes and general medicine, and is affiliated with Harvard Medical School.

PULSE is published monthly by the public relations department of the New England Deaconess Hospital.

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NATIONAL HEART MONTH OBSERVED AT NEDH:
See pages 2-4.

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